



Puttanesca Style Rigatoni

with Tenderstem®, Capers, Olives and Cheese

Quick 20 Minutes • **Mild Spice** • 2 of your 5 a day

18



Rigatoni Pasta



Tenderstem® Broccoli



Garlic Clove



Italian Olives



Capers



Chilli Flakes



Finely Chopped Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, saucepan, colander and garlic press.

Ingredients

Ingredients	2P	3P	4P
Rigatoni Pasta 13)	180g	270g	360g
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	3	4	5
Italian Olives	30g	60g	60g
Capers**	15g	30g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Finely Chopped Tomatoes	½ carton	¾ carton	1 carton
Vegetable Stock Paste 10)	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	372g	100g	417g	100g
Energy (kJ/kcal)	2144 / 512	576 / 138	2632 / 629	631 / 151
Fat (g)	10.7	2.9	19.9	4.8
Sat. Fat (g)	3.3	0.9	6.2	1.5
Carbohydrate (g)	78.0	21.0	78.9	18.9
Sugars (g)	11.4	3.1	11.5	2.7
Protein (g)	21.5	5.8	29.2	7.0
Salt (g)	2.69	0.72	3.92	0.94

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **10**) Celery **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Cook the Pasta

- Boil a full kettle. Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.
- Add the **rigatoni** and bring back to the boil. Cook until tender, 12 mins.
- Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it from sticking together.



Add the Tenderstem®

- Meanwhile, halve any thick **broccoli stems** lengthways.
- When there are 5 mins of **pasta** cooking time remaining, add the **broccoli** to the same pan and cook for the remaining time.
- While the **pasta** and **broccoli** cooks, peel and grate the **garlic** (or use a garlic press).
- Roughly chop both the **olives** and **capers**.



Make the Sauce

- Meanwhile, heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, stir-fry the **garlic** and **chilli flakes** (add less if you'd prefer things milder) until fragrant, 30 secs.
- Stir in the **chopped tomatoes** (see ingredients for amount), **veg stock paste**, **olives**, **capers**, **sugar** and **water for the sauce** (see pantry for both amounts). Simmer until thickened slightly, 3-4 mins.

CUSTOM RECIPE

If you've chosen to add **bacon**, add it to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed.
IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



Add the Flavour

- Once the **sauce** has thickened, lower the heat to medium and stir through the **sun-dried tomato paste**. Cook for 1-2 mins.
- Taste and season with **salt**, **pepper**, or a pinch of **sugar** if you feel it needs it. Add a splash of **water** if the **sauce** is a little too thick.



Finishing Touches

- When the **sauce** is ready, add the **cooked rigatoni**, **broccoli** and **hard Italian style cheese** to the pan. Stir and toss well to combine.



Serve Up

- Share your **puttanesca style pasta** between your serving bowls.

Enjoy!